

Hawaiian Meatballs

makes 4 servings

15 ounces ground turkey
½ cup finely chopped onion
6 Tbs. bread crumbs
1 egg
1 tsp. salt
½ tsp. ground ginger
¼ tsp. garlic powder
1 Tbs. dried parsley
2 Tbs. vegetable oil
¼ cup chopped green bell pepper
¼ cup chopped red bell pepper
1 cup fresh mushrooms, sliced
2 cups canned pineapple tidbits drained, and reserve juice
2 tsp. packed brown sugar
1½ Tbs. soy sauce
4 tsp. cornstarch
3 TBS. vinegar
¼ cup water
2 cups cooked long-grain rice

Mix first 8 ingredients, and shape into 1 inch meatballs.

Brown meatballs in vegetable oil.

Add red and green peppers and mushrooms to the meatballs.

Cook until vegetables are semi-tender. Add pineapple.

In a separate bowl, mix ½ cup reserved pineapple juice with brown sugar, soy sauce, cornstarch, vinegar and water. Pour over meatballs and vegetables. Cook until thickened. Serve over rice.

Submitted by Pat Thompson